

Minds Matter

ONLINE WELL-BEING WORKSHOPS



For more information or to register a place and
recieve the Ms Teams link contact
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Course Content

- Managing Stress
- Understanding Anxiety
- Social interactions
- Building Self-Esteem
- Confidence Building
- Goal Setting
- Healthy Sleep

COURSE DURATION
6 WEEKS

START DATE
TUESDAY 4TH OCTOBER
TUESDAYS & WEDNESDAYS
12PM - 1PM